ACCUSPLIT®
ALLIANCE 1590M12

ACTIVITY PEDOMETER
OPERATING INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

SETTING UP YOUR PEDOMETER

To record your distance and calories accurately, you will need to set your stride length and body weight.

Finding Your Stride Length: Your stride length is the length of one of your steps, measured from "toe to toe." To measure, walk 10 steps with your normal stride and measure the TOTAL DISTANCE from the toe of your starting step to the toe of your 10th step (see diagram below). Divide the TOTAL DISTANCE by 10. This is your stride length. Example: If you walk 22 feet, your stride length is 2.2 feet.

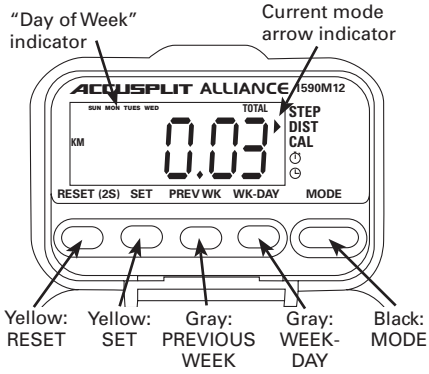
Setting Your Stride Length: Press the black MODE button until arrow on right hand side of display points to "DIST." Press the yellow SET button once to enter setting mode. Display will shift to show stride (for example, "F 1.95" means stride is set to 1.95 feet). Press the yellow SET button to increase stride length. Press the yellow RESET button to reduce stride length. Press the black MODE button to exit setting mode.

Setting Your Weight: Press the black MODE button until arrow on right side of display points to "CAL." Press the yellow SET button once to enter setting mode. Display will shift to show weight in pounds. For example, "L 165" means weight is set to 165 lbs. Press the yellow SET button to increase weight setting. Press the yellow RESET button to reduce weight setting. Press the black MODE button to exit setting mode.

Setting the Clock: Press the black MODE button until the arrow on the right side of display points to white clock icon 🕒. Press the yellow SET button once to enter clock setting mode (clock readout will flash.) Press the yellow RESET button to advance hours. Press the yellow SET button to advance minutes. Press the gray PREVIOUS WEEK button to change Day of the week. Press the gray WEEK-DAY button to cycle between 12 and 24 hour modes. Press black MODE button to exit clock setting mode.

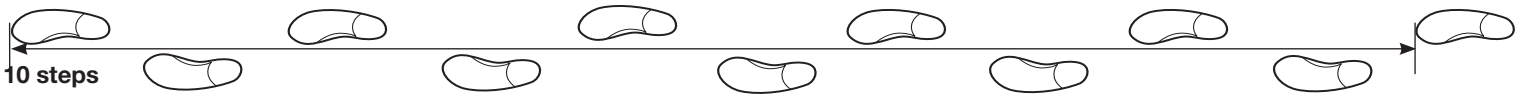
DISPLAY MODES

- STEP: STEP mode shows your step count since last reset, up to 200,000 steps.
- DIST: DISTANCE mode shows distance walked or jogged since last reset, in miles.
- CAL: CALORIE mode shows calories burned through step activity since last reset.
- ⏱: ACTIVITY TIMER MODE shows total activity time in minutes and seconds since last reset. The timer runs automatically whenever steps are being recorded.
- 🕒: CLOCK mode shows time of day and day of week.
- PREV WEEK: Pressing the previous week button shows steps, distance, calories, or activity time for entire previous week.
- WK-DAY: Pressing the WEEK-DAY button shows the total steps, distance, calories, or activity so far for the current week.



WEARING YOUR PEDOMETER

While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
The cover must be closed for the pedometer to work. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.



Eat Right! Walk More! Live Well! The ACCUSPLIT Lifestyle

REGISTER NOW Please return your AL1590M12 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred)
User _____
_____
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NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label inside the lid of your pedometer

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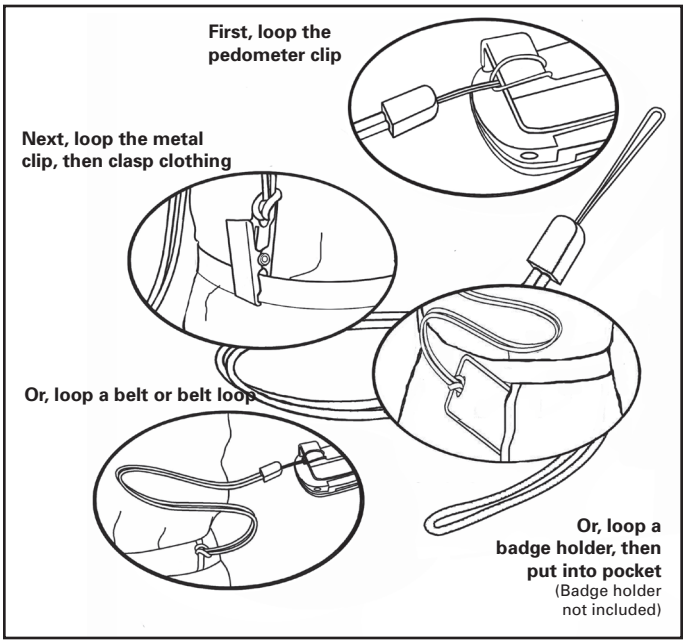
First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the attached clip. You can also use a safety pin to fasten the leash to your clothing, or loop the leash through your belt or belt loop.

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, distance, calories burned, and activity time. Repeatedly press the black MODE button to cycle through the pedometer modes:
STEPS → DISTANCE → CALORIES → ACTIVITY TIMER → TIME OF DAY → STEPS

MEMORIES

This pedometer has memories to keep track of today's, this week's, and last week's step activity, distance, calories, and activity time.

To view the previous week's total data, press the gray PREV WK button from any display mode. The previous week's total for that mode is displayed. Press the black MODE button to cycle through the display modes. All seven day of week indicator bars (at top of display) are visible when viewing PREVIOUS WEEK data. Press the gray PREV WK button to return to today's data.

To view the current week total data, press the gray WK-DAY button from any display mode. The total count so far for the current week is displayed. The word "WEEK" will appear in the upper right band corner of the display. Press the gray WK-DAY button again to return to today's data. Or, press the black MODE button to cycle through the current week's results.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).

RESETTING YOUR PEDOMETER

Auto Zero Reset: The daily count of steps, distance, calories, and activity time resets each night automatically at 2:00 AM. However, the records will remain on the display until you have taken your first five steps (so that you can manually record them if desired). At 2:00 AM on Sunday, the previous week's records will also be reset to zero, but they remain on the display until you've taken your first five steps of the week. At this point, the current week's memories will be transferred to the previous week's memories.

Manual Zero Reset: You can also manually reset your pedometer at any time. To reset today's memories, first press the gray WK-DAY button until the unit is in DAY mode. In DAY mode, you will see only one day of the week at the top of the display. Next, press and hold the yellow RESET button for at least 2 seconds. To reset the current week's memories, first press the gray WK-DAY button until the word "WEEK" appears in the upper right hand corner of the display. Next, press and hold the yellow RESET button for at least 2 seconds.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR44 1.5 volt alkaline battery. To replace:

1. Insert a coin into the slot on the bottom of the case, and twist counterclockwise to loosen the case front. Lift case front away.
2. Using a pen or other thin object, push battery sideways out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Align case front over the pedometer and press gently to snap cover back into place, starting with top.

EXCLUSIVE DISTANCE ACCURACY TIP

Maximize the accuracy of your distance measurement by:

- Walking a measured 0.5 or 1.0 mile/km. (We recommend that you use a ¼-mile/400 meter track like those found at a high school).
- Compare the DISTANCE recorded to the measured distance. If the pedometer shows you walked LESS than you actually did, reset your STEP LENGTH to a longer setting. If the pedometer shows you walked MORE than you actually did, reset the STEP LENGTH to a shorter setting.
- RESET display to zero.
- Walk the track again to test the adjustment, and re-adjust accordingly.
- Once adjusted DO NOT ALLOW ANYONE ELSE TO CHANGE THE SETTING because the Activity Pedometer is now set for your style.
- You are now ready to walk any route, change that route freely and still get an accurate measurement of distance for your fitness or recreation program.

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